

THE WASHINGTON TIMES MAGAZINE PAGE

Baby's Full Tub Bath Each Morning Proper Start To Offset Heat of Summer

Some Suggestions to Mothers on Care of Infants During Heated Season Offered by Children's Bureau Bulletin. Other Articles Will Appear in Columns of The Times.

A baby must be kept as cool as possible in summer, because overheating is a direct cause of summer diarrhea. Even breast-fed babies find it hard to resist the weakening effects of excessive heat. Records show that thousands of babies, most of whom are bottle-fed, die every year in July and August, because of the direct or indirect effects of the heat. Next in importance to right food in summer are measures for keeping the baby cool and comfortable; frequent baths, light clothing, and the selection of the coolest available place for him to play and sleep.

A baby should have a full tub bath every morning. If he is restless and the weather is very hot, he may have in addition one or two sponge baths a day. A cool bath at bedtime sometimes makes the baby sleep more comfortably. For a young baby the water should be tepid, that is, it should feel neither hot nor cold to the mother's elbow. For an older baby it may be slightly cooler, but should not be cold enough to chill or frighten him.

If the water is very hard a tablespoonful of borax dissolved in a little water may be added to three quarts of water to soften it. Very little soap should be used, and that, a very bland, simple soap, like castile. Never rub the soap directly on the baby's skin, but be sure that it is thoroughly rinsed off as a very troublesome skin disease may result if a harsh soap is used or if soap is allowed to dry on the skin.

Hints For the Bath.

Use a soft wash cloth made from a piece of old table linen, towel, knitted underwear, or any other very soft material, and have two pieces, one for the face and head and one for the body. The towel should be soft and clean also. Even in summer the baby should be protected from a direct draft of air when being bathed lest he be too suddenly chilled.

A young baby should be carefully held while in the tub. The mother puts her left hand under the baby's left arm and supports the neck and head with her forearm. But an older baby should be alone and in summer may be allowed to splash about in the cool water for a few minutes.

When the bath is finished the baby should be patted dry, and the mother should take great care to see that the folds and creases of the skin are dry. Use a little pure talcum powder or sifted corn starch under the arms and in the groin to prevent chafing. If any redness, chafing, or eruption, like prickly heat, develops on the skin, no soap at all should be used in the bath. Sometimes a solution of one part soda bath will relieve such conditions.

Brush bath—Make a little bag of cheesecloth and put a cupful of ordinary bran in it and sew up the top. Let this bag soak in the bath, squeezing it until the water is milky.

Starch bath—A solution of ordinary cooked starch to a gallon of water. (If the laundry starch has had anything added to it, such as salt, lard, oil, bluing, it must not be used for this purpose.)

Soda bath—Dissolve a tablespoonful of ordinary baking soda in a little water and add it to four quarts of water. Clothing—Do not be afraid to take off the baby's clothes in summer. All he

needs in hot weather are the diaper and one other garment. For a young baby this may be a sleeveless band, which leaves the arms and chest bare, and for an older baby, only a loose thin cotton slip or apron, or wrapper, made in one piece with short kimono sleeves. Toward nightfall, when the day cools, or if the temperature drops when storms arise, the baby should, of course, be dressed in such a way as to protect him from chill.

Cotton garments are best for the baby in summer. All-wool bands, shirts, and stockings should not be worn at any time of the year, and in hot summer weather only the thinnest, all-cotton clothing should touch the baby's skin, unless he is sick, when a very light, airy, wool band may be needed. In general, neither wool nor starch should be allowed in the baby's clothing in summer. Wool is too hot and irritating and starched garments scratch the baby's flesh.

The baby should be kept day and night in the coolest place that can be found. The kitchen is usually the hottest room in the house, especially if coal or wood is burned for fuel. While the mother is busy with her work the baby should be kept in another room, or, better, out of doors, if he can be protected from flies and mosquitoes.

Day care, such as is described in Infant Care, a booklet published by the Children's Bureau and sent free on request, makes it possible to leave the baby safely by himself on the porch or in the yard, after he is old enough to creep.

Some of the Essentials.

A screened porch on the shady side of the house is a boon to every mother, affording a cool, secure place for baby to play and also to sleep. Let him have his daytime naps on the porch and sleep there at night during the heat.

Do not be afraid of fresh air for the baby. He can never have too much of it. Night air is sometimes even better than day air, because it has been cooled and cleansed of dust by the dew.

The essentials in the summer care of babies are:

1. Proper food, given only at regular intervals.
2. A clean body.
3. Fresh air, day and night.
4. Very little clothing.
5. Cool places to play and sleep in.

Do not give the baby medicine of any sort unless it is ordered by the doctor. Never give him patent remedies which are said to relieve the pain of teething, or to make him sleep, or to cure diarrhea, for such medicines are likely to do the baby much more harm than good, especially in summer when the digestion is so easily disturbed. It is so much easier to keep him cool than to cure him when he is sick, that wise mothers try to take such care of their baby that he will not be sick.

Do not fail to give baby a drink of cool water several times a day in hot weather. Boil the water first, then cool it, and offer it to the baby in a cup, glass, or nursing bottle. Babies and young children sometimes suffer cruelly for lack of drinking water.

This is one of a series of articles on the care of babies in summer which the Children's Bureau of the United States Department of Labor presents to mothers through the Magazine Page of The Times.

Sane Traveling Hat, With Wreath Of Roses, Is the Season's Favorite

Design by Eliane, of Paris, Tailored in Blue Silk Poplin With Low Crown Rests High on Head.

Trimming Unusual Enough to Attract More Than Passing Comment—Should Match Gown With Which It Is Worn.

A SNUG tailored hat suitable for traveling has recently been designed by Eliane of Paris. It is an all-year-round hat, for it is made of silk poplin—a perennial favorite that is always safe to choose for gowns or headgear.

The original model was developed in blue, for this color is most generally seen in tailored suits. The frame is small, with a crown slightly lower than average height, and it rests high up on the head to show the simply coiffed hair. There is a mere apology for a brim, but it is tipped down over the right eyebrow in the accepted fashion.

The trimming is unusual enough to awaken more than passing comment, being nothing more nor less than a wreath of huge cabbage roses of the blue poplin arranged in a slanting line that tops the crown at the left and drops over the narrow brim at the right.

Of course it is possible to develop the hat in a color to match any suit and faille may replace the poplin if desired. The roses could also be of contrasting colors instead of the same shade as the frame of the hat.



ADVICE TO GIRLS

By ANNIE LAURIE

Dear Miss Laurie: I am a young married woman of nineteen, who is in great trouble and asks for your advice. I married at the age of seventeen and for two years have lived in great happiness with my husband.

One afternoon a friend of mine and I went into a tearoom. At one end of the distant tables I discovered my husband with a very flashily dressed young woman. I felt that I was being deceived, and I left immediately to go to my room. I left immediately to go to my room. I left immediately to go to my room.

Will you please advise me as to whether I should leave him or try to win back his love? I love him very dearly.

This is a matter where an outside person's advice may prove anything but helpful. However, I will do my best to see you. Is the actress still in the city or was she here in a week's engagement? If the latter was the case, my husband may have thought he was very wicked in behaving the way he did, without your knowledge. Do you know what would have been the most effective thing for you to have done? If you had only walked up to the couple, taken a chair at their table and apologized for being late, just as if you had been expected to join them, my husband would have been very much surprised and your husband would have looked nothing less than sheep.

If the woman is still in the city, you might adopt similar tactics. For instance, if you might write and ask her to come to dinner some night. Then, you see, your husband would have a chance to see you two side by side, when the glamour of the stage might appear very tardily after all. You try to make him appear foolish before the other woman—that will be the quickest way to win him back.

Dear Annie Laurie: I am nineteen years old and have been married for six months. We decided that we would keep our marriage secret until my husband could send for me to come to the city where he works. No one has found out about the ceremony and, for the past two weeks, my husband has been writing for me to come to him. Meanwhile, my father has been very ill, and I would break his heart if he knew what I have done. I have written to my husband explaining all, but he persists in saying that if I do not tell my parents he will come and do it himself. Please, Annie Laurie, help me, for I can't break my daddy's

heart, and yet I do so love my husband. BROKEN-HEARTED ELSIE.

I think that your husband is most unreasonable in risking the health of your father by telling of the wedding in person. He probably is the one who suggested keeping your marriage a secret, and he would not share his home on the salary he was getting at that time.

How did you expect to act when you broke the news of your marriage to your parents? It had to come some time, you know. She was justified in threatening to tell of it to your parents. I should think that you would prefer to tell them yourself first and risk their displeasure. The longer you wait the harder it will be for you to tell, and for them to realize their mistake.

Your husband has the right, of course, to ask you to leave your parents, as he would be justified in demanding that you rejoin him in the other city whenever he wishes. If you people, Elsie, and tell them right away.

Dear Annie Laurie: I have been in the habit of using a great deal of face powder. My friend has asked me a number of times to discontinue its use as it would eventually hurt one's complexion.

Thanking you for any information you may give.

C. A. C.

The majority of face-powders

have as a base, rice flour or rice powder, which is extensively advertised on account of its smoothness and fineness of texture. This powder, which may be put on so that it is almost invisible, has one disadvantage. The tiny grains of rice are small enough to get caught in the pores, where they are likely to swell, just the way that rice does when cooked. The swelling of the rice powder enlarges the pores, and it is necessary to use some sort of an astringent lotion to close them again.

The natural complexion is usually preferable to the effect gained by liberal use of powder. Poor complexions are largely caused by wrong diet, and a correction of one's daily menu will improve the complexion as a matter of course. It is possible to use home-made lotions to correct a shiny nose, which gives most women the excuse for using powder.

If it is absolutely necessary to use powder in treating sunburn, talcum is the best, for the grains are larger and do not clog the pores to the extent of rice powders.

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

Cure for Rigg's Disease

Public Health Service Explains How Loss of Teeth May Be Avoided By Treatment With Emetin.

ACCORDING to the United States Public Health Service, there will be a falling off in the sale of store teeth in the future, and plates and toothless gums will be seen less frequently than formerly. This is due to the epoch-making discovery of the cause and method of treating the disease known to the scientists as pyorrhea, dentitis and alveolitis. This is a suppurative disease of the roots of the teeth and causes an inflammation which produces loosening and loss of the teeth.

At one time or another, practically everybody has Rigg's disease. It is caused by a minute single-celled animal called the endamoeba buccalis. This malevolent parasite does its work in combination with the pus-producing bacteria or germs. The skillful teamwork between these two destroys the delicate membrane which surrounds the roots of the teeth and causes them to fall out.

Just as soon as the cause of Rigg's disease was found out the search for the cure began in earnest. It had been previously discovered that the use of ipecac would cure the diseases which are caused by infection of the intestine with endamoeba. From this it was deduced that a similar treatment would cause the destruction of endamoebae in the mouth. This was found to be the case, and emetin, the form of the drug used, is now administered by physicians for the cure and prevention of the disease.

In a matter preventing mouth disease it is important that the mouth be cleaned several times a day and that a dentist be visited frequently to remove tartar and the yellowish matter which accumulates along the inner edges of the teeth and between the teeth. This is particularly important in the case of children, because it has been found that many a child is apparently dull who is in reality suffering from a chronic poisoning produced by a mouth full of decaying teeth.

Suspicious.

"No, sir, I've never written for a comic paper before!"

"Then how'd you get that ugly scar on your face?"—Yale Record.

HORLICK'S
The Original
MALTED MILK
Unless you say "HORLICK'S" you may get a Substitute.

Rage, Acting on Blood, Often Saves Wounded, Both Men and Animals

By DR. LEONARD KEENE HIRSHBERG.
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"THE blood of Christians," says Tertullian, "is fresh seed. The more it is shed, the more quickly it thickens." This is often quoted differently, yet truly: "The blood of the martyrs is the seed of the church."

Very lately it has been found that the Creator of man and the animals has literally fulfilled Tertullian's words. Not only the blood of Christian martyrs, but that of all other red-blooded creatures, thickens faster than it is shed.

From the blood the solid tissues of the body take their food and oxygen, and into it these discharge their waste products. This bouncing fluid is only red in animals with backbones.

What Blood Is.

Even the lowest of backboned animals, the amphioxus or lancelet, has no red blood, while the other animals below these in the scale of life have milky, green, bluish, reddish, or colorless blood.

As the blood passes through the lungs or other air-holding tissues, it gives up its excess of blue waste gases such as carbonic acid and takes in fresh oxygen to pass along as red arterial blood from the heart.

Blood is a pale yellow, straw-colored fluid of the consistency of very thin

honey, with semi-solid, jelly-like corpuscles in it, some 200,000 of them to the drop.

Dr. Cannon, Dr. Cline, and Dr. Watson, of Harvard, Cleveland, and Johns Hopkins, respectively, have contributed a number of new facts recently to the knowledge of the blood.

Rage Clots Blood.

Those investigators have discovered that anger causes the blood to clot very much more quickly than it does in moments of coolness or "sold-blooded" calm. This is a wise provision in primitive and jungle life. Yoked as the savages and the beasts of the fields are with all sorts of thorns and knife-like dangers, the flint of life is struck into many a dangerous spark.

The hermit, the wild men of the woods, the armed druid at bay would often bleed to death if their passions were not aroused. You must heat the furnace of your blood white-hot in order not to singe yourself from a severe hemorrhage.

Yet by too violent a swiftiness, that which you run at you will lose in running. You must remember that the fire which boils the liquor until it runs over seems to increase its portion, yet wastes it.

Blood poisoning is only the mad rush of malicious microbes from some nucleus of invasion such as the tonsils, the nose, the skin, the alimentary canal, or elsewhere into the coursing channels of scarlet and azure.

Answers to Health Questions

J. B. O. B.—Q. For a period of four or five years my wife has been troubled with a gastric ulcer. She has been on a diet of water she seems to get a convulsion of the stomach and water will flow freely from the mouth. Very often she does not touch water for a week. This also happens after meals.

A. Have her teeth attended to, and see that she chews all her food well. She needs a branch massage, and should drink two glasses of water one hour before her meals and three hours after. She should lie down for half an hour after her meals.

A READER—Q. I am a girl of twenty years and my hair is falling out and leaving bald spots. Kindly prescribe for a styie also.

A. Apply with friction to the scalp night and morning: Fluid extract of yucca, 1 ounce; linseed oil, 1 ounce; glycerine, 1-2 dram; alcohol, enough to make four ounces. Wash the scalp with boric acid water three times a day.

Dr. Hirschberg will answer questions for readers of The Times on medical, hygienic and scientific subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. When an inquiry of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

Woodward & Lothrop

New York—WASHINGTON—Paris

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These Rockers and Chairs have frames of natural varnished maple, and comfortable seats of woven reed—furniture that is neat, refined and practical, and that is unusually low priced and as durable as can be made.

Several other fine designs in this same class of furniture may be found in our Sixth Floor displays.



Arm Rockers of natural finish maple; double reed seat and back, \$2.50 each.

Arm Rockers; double reed seat, natural finish, \$1.75 each.

Armchairs and Rockers to match; natural finish and double reed seat, \$2.00 each.



Women's Rockers; natural finish; medium size, with double reed seat and back, \$2.25 each.



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Sewing or Nursery Rockers; natural finish; double reed seat; \$1.00 each.



Dining Chairs; natural finish; double reed seat, \$1.00 each.



Armchairs, natural finish; double reed seat and back, \$2.50 each.



High-back Easy Rockers; natural finish; double reed seat, \$2.00 each.

Orange Tonic and Purifier

Its Juiciness and Freedom From Tiny Seeds Make It Children's Fruit.

By MRS. CHRISTINE FREDERICK
(Copyright by Mrs. Christine Frederick.)

THERE was a time when oranges were so scarce that to get one in one's Christmas stocking was, indeed, a great prize! But the growers of oranges have become so skilled and the demand for this fruit so extensive that there is practically no limit to the orange season. Indeed, one of the best sweet oranges coming from California is a late Valencia, which is in season from the middle of June to November.

In spite of the fact that summer brings back the hosts of berries, plums, peaches, etc., it is not fair to delegate so good a fruit as the orange to the background. It possesses a mild fruit acid, which is tonic, and a blood purifier. In addition, its juiciness and freedom from tiny seeds like a berry make it particularly a fruit for children. But while most delicious, perhaps, eaten raw, there are many combinations of oranges which are particularly de-

lightful cooked, or which will help to vary the summer menu.

Orange Omelet Dainty.

An orange omelet is a dainty dish for a warm June evening. Cut pulp of 2 oranges in thin slices. Sprinkle with 2 tablespoonfuls of sugar. Beat yolks of 4 eggs with the grated rind of the oranges and a pinch of salt. Fold in the stiffly beaten whites to which have been added 1 tablespoonful powdered sugar, and a few tablespoonfuls of orange juice. Melt 1 tablespoonful butter in an omelet pan, and when hot pour in the egg mixture. When the omelet begins to thicken, spread over it the sliced and drained oranges, fold over the other half, sprinkle with powdered sugar, and serve.

Orange meringue pie—Cream 1 tablespoonful of butter with 1 cup powdered sugar. Beat in the juice and grate rind of 1 orange and 1/2 lemon, a few gratings of nutmeg, yolks of 3 eggs, and white of 1 beaten until light. Make an open crust, and when cool cover with meringue made with whites of 2 eggs beaten with 2 tablespoonfuls of sugar.

Orange Cheese Balls.

Orange cheese balls—Mash 1 small cream cheese fine with the juice of 1 sour orange. Form into small balls, sprinkle with the grated rind of the orange, place halves of walnuts on each ball. Lay on shredded lettuce and green pepper, and serve with French dressing.

Orange tapioca jelly—Cook 1/2 cup pearl tapioca with 3 cups of water until clear. Add 1 saltspoonful salt, half cup sugar, and half cup orange juice. Stir until the sugar is dissolved. Pour into china molds, having at the bottom of each a disk of orange. Chill, unmold, and serve with whipped cream and sweetened orange juice.

Individual Shortcake.

Mix and sift twice two cups flour, one-quarter cup sugar, three scant teaspoons baking powder, and one-quarter teaspoon salt. Rub or cut in scant one-half cup butter, add one beaten egg with scant three-quarters cup milk, roll on a well-floured board, cut with a cookie cutter, and bake in hot oven about twenty minutes. When done split each biscuit, spread with butter, then with well-sweetened and lightly dashed berries. Put on the top layer, cover with more berries, and heap over all whipped and sweetened cream.

Reference List For the Purse

Do you know how big a bargain you are getting when you buy baskets specially priced at 12 cents a yard?

Do you know the usual width of cretonne?

Here is a list of average prices and widths handy to keep in the purse, for first-hand consultation when shopping.

	Usual width.	Ave. pr.
Batiste	45	15c
Calico	36	15c
Cambrie	36	10-25c
Chambray	22	20c
Cheesecloth	36	5-12c
Cretonne	36	15-75c
Dimity	36	10-50c
Gingham	36	10-20c
Galles	27	14-20c
Indian Head	36	15c up
Khaki	36	15-40c
Lawn	36	5-25c
Madras	27	30c
Nainsook	36	15-50c
Organdy	49	15c up
Percale	36	12 1/2c up
Percaleine	36	15c
Scrim	36	20c up

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BOOK REVIEWS

ROBERT'S RULES OF ORDER REVISED FOR DELIBERATIVE ASSEMBLIES. By Robert M. Robert. Scott, Foresman & Company, Chicago.

Familiar to every form of organization as a handbook to settle disputes of parliamentary practice for forty years, Robert's manual has steadily increased in popularity from legislature to school debating society. Here is a revised edition, enlarged and with an appendix giving an outline for the study of parliamentary law. A comprehensive and well-arranged index makes instant reference possible.

A MONTH'S GERMAN NEWSPAPERS. Compiled and translated by Adam L. Gowans. Frederick A. Stokes Company, New York.

When the historian of the future shall attempt to judge the point of view of Germany and the significance of the events of the memorable month of June, he will turn to the heart of nation for his information. In the public press, reflecting as it does public sentiment, he will find his material. Adam L. Gowans has taken time for the forelock and compiled from eight representative

German newspapers published during that month his selections. The striking fact in the whole collection is the remarkable lack of news, due to the strict censorship. It is interesting to note that the author credits the Berliner Lokal Anzeiger as being nearest to a semi-official organ with inspired editorials, while the Norddeutsche Allgemeine Zeitung, he considers semi-official, of typically Prussian and military tone and with many of its articles obviously inserted by the government. He credits the Berliner Tageblatt with preaching moderation and Vorwaerts as a discourager of national hatred. The book has many elements of permanent historical value.

A WAY TO PREVENT WAR. By Allan L. Benson. Published by the Appeal to Reason, Girard, Kan. Price 50 cents net.

A socialistic treatise suggesting a constitutional amendment making declaration of war upon a nation a matter for national referendum in which both men and women vote, three voting first being first to be sent to the front, and those women who vote for war being sent among the later levies. "A peace program not based upon a plan that has failed" is the author's appeal to the working classes.